



# Pack a Lunch Pack a Smile!

## A quick guide for parents on healthy, balanced packed lunches

Healthy food helps children to feel good, have energy, concentrate and get the most out of their day at school.

Healthy choices  
today, brighter  
futures  
tomorrow



### A balanced lunchbox

Try to include a variety of foods from the Eatwell Guide:

- ✓ Plenty of fruit and vegetables
- ✓ Some starchy foods (e.g. wholegrain bread, wraps, pasta, rice, couscous)
- ✓ A source of protein (e.g. lean meat, fish, eggs, beans, hummus, cheese)
- ✓ A dairy or dairy alternative (e.g. yoghurt, cheese, milk)
- ✓ A small amount of healthy fats (e.g. nuts, seeds, avocado, olive oil)

A colourful lunchbox  
fuels a happy mind!

### Foods to include

- ✓ Fresh fruit and vegetables
- ✓ Wholegrain bread, wraps, pitta, rice or pasta
- ✓ Lean meat, fish, eggs (if not allergic), cheese, beans, lentils or hummus
- ✓ Yoghurt and dairy alternatives
- ✓ Plain water (in a reusable bottle)



### Foods to leave at home

- ✗ Fizzy drinks
- ✗ Fruit juice (only small amounts allowed)
- ✗ Sweets, chocolate and cakes (as a treat, not a daily item)
- ✗ Crisps and sugary snacks
- ✗ High-fat, high-sugar foods
- ✗ Pre-heated food (e.g. hot food from home)

Save the treats  
for home time!



### Water and hydration



- ✓ Water is the best drink for children. Please send a reusable bottle filled with water each day.
- ✓ No fizzy drinks
- ✓ Limit fruit juice
- ✓ Keep children hydrated throughout the school day.

Water helps with  
concentration and energy!

### Allergy and dietary needs



Our school is a nut-free school.

Please do not include nut products, unless you have spoken to the school about a specific dietary need.

We are happy to support  
all dietary, religious and  
cultural requirements.



### Break-time snack



Fruit is provided for all children at break time.

If you would like to provide your own snack, please send in a piece of fruit or vegetable only.

Thank you!



We really appreciate your support in helping us provide healthy, nutritious and exciting lunches for our children. If you have any questions or need support, please speak to your child's class teacher or the school office.

Healthy children  
learn, grow  
and thrive